

Single Study: Incontinence

Abstract: A 45+ yrs woman and a regular user of massage therapy presented to my office for treatment of incontinence. The incontinence presented after abdominal surgery 5+ yrs ago. Using Integrative Manual Therapy (IMT) her symptoms were eliminated in 1 treatment session.

Keywords: Strain Counterstrain, Mobility Templates

Examination

History: This client previously had abdominal surgery for an unrelated issue. A few months post surgery, she noticed some incontinence, urgency and increase in frequency of urination. Bladder infection was ruled out.

Static Posture: Type I rotation was observed in the lumbar region and iliac crests of the pelvis were misaligned as was the PSIS and ASIS.

Range of Motion: When the slump test was performed imbalances were palpated in the sacrum and the lumbosacral nutation was also limited. The client did not report any pain or discomfort with the range of motion testing.

Observations/Palpation: A type II presentation was palpated at L4 and L5. Lumbosacral nutation was also limited. All major boney landmarks of the pelvis were misaligned.

Treatment

This client received 1 treatment session to correct the incontinence she had been experiencing following her abdominal surgery. Strain Counterstrain technique was applied to her bladder with significant tissue tension present. Interestingly the boney landmarks of the pelvis following this treatment were balanced. The type II presentation in the lumbar vertebrae was less pronounced. The lumbosacral nutation was improved though correction of this relationship was still required.

Outcome

This client reported in subsequent treatment sessions that her problem with incontinence was no longer an issue. It is interesting to note that with any type of surgery there can often be tension patterns that occur in organs, bone, blood vessels etc.

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